



THE DANG TRUTH

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The Official Newsletter of the 166th Airlift Wing | Delaware Air National Guard Public Affairs

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2024 UPCOMING EVENTS

13 April	Operation Full Strength Kick-off
11 May	All Ranks Military Ball
1-4 June	Super Drill
15-20 Aug	UEI Capstone Re-look

DEVELOPMENTAL EVENTS:

13 Apr	Managing Leadership Challenges
14 Apr	Diversity Equity and Inclusion
	POC: SMSgt Fleischman

166TH MEDICAL GROUP MEMBER SAVES A LIFE

Lt Col Barbara McCormick was in the right place at the right time.

Picture this: You're doing your regular grocery shopping, and you notice the woman next to you who is also shopping appears to be in physical distress. As you are a trained medical professional, your instincts and training kicks in and you immediately assess the situation and determine she is in respiratory distress. The woman shares she is indeed choking.

You immediately jump to the task and administer the Heimlich maneuver and successfully dislodge the food particle.

This exact scenario happened to Lt Col Barbara McCormick, Chief Nurse at the 166th Medical Group. In the past few years since the pandemic took over the world, the spotlight has been on our medical professionals who serve in all capacities both in their civilian careers and their military ones. Lt Col McCormick is among these brave and amazing professionals.

Initially commissioned into the United States Air Force Reserve Nurse Corps in 1994, Lt Col McCormick transferred to the Delaware Air National Guard



SCOTIA, NY, UNITED STATES -- A flight medic, assigned to the 139th Aeromedical Evacuation Squadron, preforms the Heimlich maneuver on a simulated patient aboard a C-130 during the unit's May logistics readiness exercise. The LRE is a graded exercise that members of the 109th participated in to showcase their capabilities, skills and readiness. (U.S. Air National guard photo by Staff Sgt. Amber Mullen)

See "Heimlich" continued on page 2

Social Media Links:

Facebook:166th Airlift Wing Instagram:@166thAirliftWing Flickr: delawareairnationalguard

...And *that's* the DANG Truth!

"Heimlich" continued from page 1

in 2021. Her career has brought her through several deployments and activations. In 2001, she was called to active duty following September 11th and was deployed as a Critical Care Transport Nurse for Operation Enduring Freedom. In 2010, she again deployed in support of Enduring Freedom and Iraqi Freedom with the 332nd Expeditionary Medical Group, Contingency Aerospace Medicine Facility at Joint Base Balad, Iraq. Recently, she was called to active duty from June-December 2021 with the DANG to support Delaware's Public Health Department COVID-19 vaccination and testing mission.

In addition to her duties as the Chief Nurse at the 166th Medical Group, she is the Walter Reed National Military Medical Center liaison for education and training where she ensures our medics and nurses are clinically proficient. Furthermore, she is the National Guard Bureau Subject Matter Expert (SME) for En-Route patient care and patient safety.

Lt Col McCormick is a lifelong learner and Educator, holding several degrees and certifications in Nursing. She is a Professor at Jefferson College of Nursing and Rutgers University, Camden. In addition, she is an American Heart Association Instructor for Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) courses.

A leader and Subject Matter Expert in the field of Nursing, Lt Col McCormick remains committed to the community she serves, maintaining active and long-standing memberships in several organizations including Washington Township's (NJ) Veteran's Advisory Board, the Veterans of Foreign Wars, Reserve Officers Association, and the National Guard Association.

The 166th Medical Group has many members who are like Lt Col McCormick. Several members have taken advantage of the education benefits that membership in the DANG provides. They are pursuing degrees in nursing, as well as medicine with many branching out into different fields. You will find them working in hospitals, nursing homes, urgent care offices, doctors' offices, pharmaceutical companies, healthcare insurance companies and as Emergency Medical Technicians (EMT) in area fire and rescue departments. They also work in areas outside of the healthcare field, using their multi-capable Airmen expertise to serve their communities.

How do you perform the Heimlich maneuver? To perform the Heimlich maneuver, follow these steps:

Adult
Steps 1-5



Infant
Steps 1-2



1. Stand behind the person and put your arms around their belly (abdomen).
2. Make a fist with one hand and clasp your other hand tightly around it.
3. Place the thumb side of your fist just below their ribcage and about two inches above their belly button (navel).
4. Sharply and quickly thrust your hands inward and upward five times.
5. Repeat this process until you free (dislodge) the object stuck in their windpipe, or the person becomes unconscious. If the person becomes unconscious, start CPR.

DELAWARE AIR NATIONAL GUARD UPDATES THE TAIL FLASHES ON ITS C-130H FLEET



NEW CASTLE AIR NATIONAL GUARD BASE, Del. -- Airmen of the 166th Maintenance Group apply elements of the new tail flash to a C-130H3, 26 March 2024. The final design was chosen over several submissions (two are pictured below). The vinyl decals were printed on a wide format CAD machine. Next, the aircraft's surfaces were prepped to ensure strong adhesion during flight then applied by specialists from the maintenance section. Finally, the backings were removed to reveal the crisp new graphics that will be on these airplanes for years to come. Graphics on the sides of the aircraft were also applied. (U.S. Air National Guard photos by Mr. Mitch Topal. U.S. Army National Guard photos by Sergeant Laura Bradley)

Every few decades an air wing updates its aircraft graphics which makes this an historic event for the 166th Airlift Wing. After the 166th Maintenance Group (MXG) team reviewed several designs, they decided on the one above. The new design modernizes our "brand" and will be seen everywhere our mission takes us. On Monday 25 March 2024, we photographed the MXG section as they masked and painted the new graphics on one of our C-130H3 tactical airlifters.

In a memorandum to the National Guard Bureau dated 22 January 2024, the 166th Airlift Wing requested to change the tail flash design on our C-130H aircraft stationed at New Castle, Delaware. The memo stated:

"We here at the 166th Airlift Wing have a rich heritage that we would like to display with this tail flash design. The "Blue Hen" is Delaware's state bird, this being the newest version of many blue hens that have represented our wing throughout history. Below the Delaware, we would like to keep "The First State", which pays homage to our current and outgoing design..."

...This design will be applied to all C-130H aircraft assigned to the 166th Airlift Wing indefinitely."

When asked when the last time the wing's tail flashes were updated, SMSgt Daniel Ginevan of the 166th Maintenance Group, explained, "This was well before my time.

See "Tail Flash" continued on page 4

“Tail Flash” continued from page 3

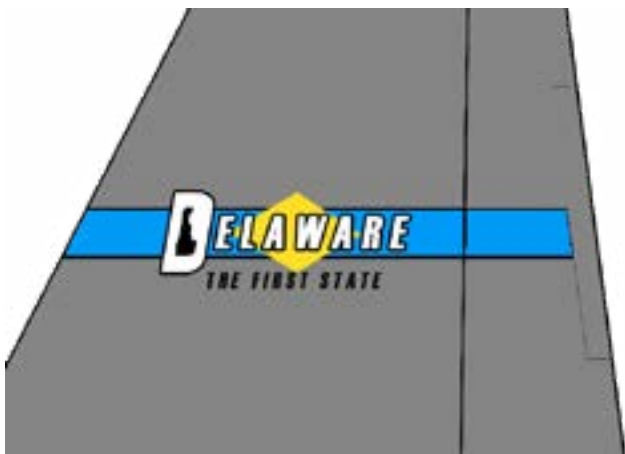
I would say when we got the 84’s off the assembly line or when they went to the gray color scheme from the Vietnam era camo. Several designs were drafted by members of the MXG, and a vote went out over October ‘23’s drill weekend. This was the winning design.”

One by one the 166th Airlift Wing’s C-130H aircraft will be rolled into the main ISO hangar to receive their new livery. Over the next few months, all eight aircraft will have the new design.

“This was truly a team effort,” said Ginevan. “A special shout out should go to the members in the aircraft Structural Maintenance (SMCO) shop who did the leg work. These Airmen include MSgt Edward Byars, MSgt Shane Dye, TSgt Joseph Carmona, SSgt Anthony Ashcraft, and SrA Angelo Dialessandro.”



Above and below are two of the tail design options that were eventually ruled out. (Photos courtesy of the 166th MXG)



NEW CASTLE AIR NATIONAL GUARD BASE, Del. -- SSgt Anthony Ashcraft of the 166th Maintenance Group carefully measures and tapes a stencil on the left side of a 166th AW C-130H3 inside the main hangar, 26 March 2024. (U.S. Air National Guard photo by Mr. Mitch Topal)



NEW CASTLE AIR NATIONAL GUARD BASE, Del. -- Airmen of the 166th Maintenance Group don hazmat suits and respirators before spray painting the stencils applied to the sides of the C-130H3 inside the main hangar, 26 March 2024. (U.S. Air National Guard photos by Mr. Mitch Topal)

Delaware Air Guard Fire Firefighters Save a Life!

NEW CASTLE AIR NATIONAL GUARD BASE, Del. -- These Delaware Air National Guard firefighters saved a life on 11 March 2024. A call came in to the base reporting an unresponsive fall victim in New Castle, Del. The firefighters arrived on scene between four and five minutes after receiving the call to find the victim with no pulse and not breathing (apnea). A rookie USAF firefighter immediately performed CPR. The victim slowly regained a pulse and started to breath on their own. With help from the Wilmington Manor Fire Company, the patient was transported to a local hospital and is expected to fully recover.



NEW CASTLE AIR NATIONAL GUARD BASE, Del. -- This team of Delaware Air National Guard Station 33 Firefighters responded to an emergency call that saved a life on 11 March 2024. (U.S. Air National Guard photos by Mr. Mitch Topal)

“Through my Air Force training I was re-certified in CPR and basic first aid and life saving measures. So, when I got to the scene I was able to confidently perform CPR chest compressions and to stabilize the scene,” said probationary firefighter Colin DeAngelis.

Thanks to the quick action and training of our Station 33 firefighters, a life was saved yesterday – all in a day’s work for these stalwart first responders.



BOLLEN RANGE AIR DROP



The Smokey Sam launch was at Bollen Range, Penn. on 1 March 2024. The drops were at Coyle DZ in New Jersey, the heavy drop with the chute pulling out was on 6 November 2021; the CDS drop flying left to right was on 5 February 2023; and the other CDS drop flying right to left was on 5 February 2022. (photos courtesy of Eric Wojciechowski @photowoj)



AIRMAN SPOTLIGHT

TECH SERGEANT DUSTIN BARROW 166TH MAINTENANCE GROUP MUNITION SYSTEMS SPECIALIST

I am 2W0X1, Munition Systems, aka AMMO. AMMO is a unique career field due to the number of work centers (9) that encompass the career field but also the mission can vary base to base depending on the aircraft that are being supported. One mission can be as simple as supporting base agencies with bullets while others can be building bombs, missiles, and other high explosive assets. The good thing about our career field is that AMMO is needed at every installation in some form or fashion. That opens a lot of possibilities if you want to broaden your horizons, move around, and/or deploy.

I enlisted when I was 19 and was active duty for 13 years. I was stationed all around the globe to include Ramstein AB, Osan AB, Tyndall AFB, Cannon AFB, while also deploying twice overseas. While at Tyndall, I was part of the Weapons System Evaluation Program where units from all branches and various foreign nations would come to do live fire missions with air-to-air munitions against full and subscale drones. This was by far my favorite time in my career, so far. Deploying in AMMO is very satisfying to see your hard work come full circle. There is a sense of accomplishment to see planes take off with munitions you built and come back empty. I have also been fortunate enough to get my bachelor's degree and now almost have my master's degree complete, for free. I absolutely loved travelling around the world, experiencing life, and meeting some lifelong friends along the way.

I joined the DANG March 2023. I toyed with separating from Active Duty for a few years and bounced around just getting out completely or joining the guard as a traditional. Then, I found out about the AGR program. Once I found out about this, I was determined to find a spot to continue serving my country while also staying on track for retirement. My wife and I decided that was going to be the way forward, so I scoured the HR pages and finally saw the one posted for my current position and applied immediately. Once hired, I felt like it was a dream come true. We were finally going to be living where



we both grew up and surrounded by friends and family. Not only did we want this for us, but we wanted it for our children. They were constantly having to find new friends and say bye to others, live in different houses and states, etc. and we didn't want that life anymore. Knowing that I won't be PCSing, unless I want to, is a HUGE bonus to the Guard.

The biggest challenge I had was saying bye to everything I ever knew at a young age and starting something new overseas. That is a huge plus in the ANG, you get to stay where you are unless you want to move. Also, never knowing when PCS orders could have dropped, while on active duty, was frightening.

Throughout my career I was afforded the opportunity to work with almost every airframe the air force has in service, as well as numerous joint and foreign militaries. This gave me a lot of tools and perspectives to use anytime I went to a new unit. Sometimes people get tunnel vision when they have been doing it for a long time and a fresh set of eyes is welcomed.

Currently, my wife and I run Mossy Acres Homestead where we offer sourdough baked goods, holistic remedies, and various other products. This takes up almost all our "free" time, but we also make sure to slot time for our family. That can be going on the river with friends, hanging out with grandparents, or just relaxing at home and enjoying ourselves.

Near and long-term goals look the same for the most part, climb the ladder to retirement. While I would absolutely love to commission into a full-time position, I know those are very few and far between.

I have typically given the same advice my entire career. Don't be afraid to make a decision and own it. Not all decisions need to be ran through the wickets, they might not all pan out, but you learn from that and move on.



Promotions & Retirements

April 2024

Promotions

Eloisa Gaspay Delacruz to MSgt

William Dejesus, Jr to MSgt

Glennys Angeles to TSgt

Joseph Toloso to SSgt

Arianna Alcocer to SrA

Retirements

MSgt Laurie Katy 142d AES

Microaggressions – Their Impact is Anything but Small!

By Senior Master Sergeant Faith C. Fleischman

166 AW Human Resource Advisor

What is a microaggression? A microaggression is a verbal or nonverbal slight that impacts an individual who might identify as being from a marginalized or nonmainstream community. Microaggressions can also come in the form of an organizational process that was designed to keep specific groups from advancing. These slights or insults can be hurtful or devastating for people on the receiving end of them and the impact of these statements can be felt for weeks or years.

Microaggressions can be intentional or unintentional. Regardless of intent, these words or actions are often rooted in implicit bias, which are attitudes and beliefs that exist outside of our conscious awareness and control. These beliefs are mostly assumptions about people based on stereotypes related to their ethnicity, age, gender, or race. We might have been influenced by our families as we were growing up or formed these opinions based on what we've seen on the news or TV shows. Microassaults, a type of microaggression, are deliberate and intentional slights or insults that are meant to hurt the intended victim through name-calling, avoidant behavior and purposeful discriminatory actions. Intentional microassaults would be abusive language, clutching or moving a purse or bag when you're around certain people or posting offensive signs or pictures intentionally.

Microinvalidation, another type of microaggression, is when someone attempts to discredit or minimize the experiences of a person who is from an underrepresented group. Microinvalidation seems to be the most prominent microaggression experienced on a day-to-day basis. Lots of



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people will have the experience where they feel like no one is listening to them or they seem invisible in a room. Finally, microinsults are rude, insensitive comments that subtly disrespect a person's racial heritage or identity. This could be assuming that someone isn't smart based on their appearance or implying that certain groups/people don't have morals. They might even be used to suggest that someone doesn't belong. This includes assuming that someone won't understand a new process at work because English is not their first language or saying that someone isn't from a marginalized group because they don't act stereotypically.

If or when any of these microaggressions occur in the workplace or your personal life, one expert on this subject encourages people to assume positive intent in these situations. While it may seem weird to be the bigger person when feeling disrespected, many times microaggressions are unintentional.1

Reference: <https://health.clevelandclinic.org/what-are-microaggressions-and-examples/>

If you'd like to learn more about how the HRA can assist you, or would like to schedule training for your Section, Squadron, or Group please stop by my office or send me an email. Also, don't forget the HRA Diversity & Inclusion series courses are offered to the Wing either Saturday or Sunday of RSD. Check the RSD Plan and monthly base-wide email for locations and times. See you there!

Source: <https://www.af.mil/News/Commentaries/Display/Article/2528959/diversity-inclusion-are-tools-for-national-defense-not-buzzwords/>

Human Resource Advisor: Diversity & Inclusion Wing-wide Courses		
	Times TBD	Times TBD
FY24	Saturday	Sunday
November	MENTORSHIP PROGRAM - SPEED MENTORING EVENT	Coaching/Mentoring Methods
December	Conflict Management	HOLIDAY PARTIES
January	SENIOR LEADERS CONFERENCE	Unconscious Bias
February	Microaggressions	
March	NO CLASSES SCHEDULED	
April	Navigating Leadership Challenges	Understanding Diversity, Equity and Inclusion
May	MENTORSHIP PROGRAM - PANEL MENTORING EVENT	Coaching/Mentoring Methods
June	Managing Stress & Resiliency	Emotional Intelligence
July	NO RSD	
August	Leadership & Effective Communication	Four Lenses - Understanding Others Personalities
September	Unconscious Bias	
POC:	Human Resource Advisor (HRA)	SMSgt Faith C. Fleischman
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COMM: 302-323-3424

-OR-

MSGT JACQUELYN CROY

DSN: 445-7424

COMM: 302-323-3424

Feathers of the Wing

A historical perspective by BG (Ret.) Kennard Wiggins, Curator of the Delaware Military Museum

REPORTER GETS PICTURE OF SABRE FIRING PRACTICE.

Two Fighters Slam 22 Shots in Target After High Altitude Flight To Atlantic City Coast

By Daniel S. Greenberg

Marksmanship is one of the fundamental skills of a soldier whether he travels by foot or Sabre Jet. The Delaware Air Guard took this reporter on one of its gunnery training missions over the Atlantic Ocean.

The target was a twenty-five foot long nylon banner towed on a steel cable behind a two-place T-33 jet trainer piloted by Major Clarence E. Atkinson.

The T-33 took off first. Right behind it were two F-86 Sabre Jets flown by Captain Walt Hannum, of Newark, and Lieutenant David Aub of Monroe Park. The T-33 slowed to about 165 miles per hour by the trailing target flew at 10,000 feet above the Delaware River. It crossed to New Jersey and followed the shore to Atlantic City. The Sabres followed at their cruising altitude of 35,000 feet.

When the Steel Pier came into view Major Atkinson radioed "This is Whiskey Leader. I'm about five miles from the Pier and making a turn out to sea." Captain Hannum radioed back, "We see you whiskey leader, and we're coming down." Atkinson responded, "How about making a practice run on me?"



After the practice run, Atkinson headed back towards shore. "Make your run when I come round again", said Atkinson. The Sabres made their runs as the tow plane headed out to sea. The firing couldn't be heard or seen from the tow plane. After three runs the planes headed back towards New Castle. Atkinson flew low over the field announcing that "he had a rag he wished to drop" before landing.

As he taxied toward the hanger a group of guardsmen were spreading out the banner to count the bullet holes. "Twenty-two. That's not bad shooting!"



**Delaware Air National Guard /
166th Airlift Wing
C-130 ORIENTATION FLIGHT PROGRAM***

Come fly with the 142d Airlift Squadron
on a local Tactical Airdrop mission.

Supervisors: please route your
nominations through your chain to
your Group Commander.

*Open to 166th Airlift Wing members only



LET'S GET MONEY FIT

April is **National Financial Literacy Month**, and a time to pay attention to military financial readiness. Service members, veterans, and their families have unique financial circumstances.



April is a great time to share FREE financial resources!

All Airmen are invited to stop by and connect with valuable resources!

SAT, 13 APR 2024

1100-1300 hours

Piggy Park Pavilion on base

Aside from all our **FINANCIAL PARTNERS**, we will also have:



Free Ice Cream*

NASCAR Vouchers



PARTICIPATING VENDORS **Support your financial health!**

Airman & Family Readiness (NASCAR tickets)
American Red Cross
DE State Housing Authority
DNG Employment Assistance
DNG Youth Foundation
Dover Federal Credit Union
Education Services - DANG
Energize Delaware
IRS -Taxpayer Advocate Service
Neighbor Good Partners
Operation Homefront
Personal Financial Counselor - DNG
Tricare
USAA
Veterans Lending Group (VA Home Loans)
Veterans Benefit Administration

Visit and get more information on:

- ❖ Rebates up to \$3,300 on your next HVAC unit.
- ❖ Grants up to \$300 year for extracurricular activities for Guard dependents.
- ❖ \$10,000 on closing costs and home down payment assistance.
- ❖ DNG free and confidential financial counseling.
- ❖ Submit your VBA claims and enrollment.
- ❖ Get taxpayer help to resolve your tax problems with the IRS.
- ❖and so much more!

Financial literacy education geared to military-connected individuals can help mitigate costly challenges and inform healthy financial practices that pay off in the long term.

The event is put on by DNG-J9 Joint Support Services, in partnership with our community partners listed!

Anyone with questions, contact:
Ms. Christine Kubik at 302.540.0711



April is **Financial Literacy Month**



FREE ICE CREAM to the first 400 Airmen. While supplies last for NASCAR Vouchers. DISCLAIMER: The Delaware National Guard does not endorse individual companies or agencies. The information provided at the Resource event is distributed to our Soldiers and Airmen in the event they may wish to take advantage of the stated offer or event.



CELEBRATE
IN *Style*

DE NATIONAL GUARD

Military Ball

May 11 2024



Bally's Dover Casino Resort

1131 N. Dupont Hwy, Dover DE 19901

Time: 1700 - 2200

ATTIRE

SEMI-FORMAL OR FLAPPER STYLE (NON-MILITARY MEMBERS)

SEMI-FORMAL OR MESS DRESS (MILITARY MEMBERS)



SMOKED PULLED PORK SALE

- WHEN: 12-13 April 2024
- WHERE: OG Kitchen Area
- HOURS: 1100 – 1230hrs
- COST: \$12 per pound
- RSVP NLT 05 April 2024

Supplies are limited /Supports the Military Ball

Contact: Chief Weber: charles.weber.1@us.af.mil or 302-438-7979

SMSgt Wheeler: james.wheeler@us.af.mil or 484-880-5499

SMSgt Dupuie: carrie.dupuie@us.af.mil or 410-845-3032



MEET YOUR RECRUITING TEAM



TSgt Zack Ellis



TSgt Michael Segars



TSgt Jovon
Farrell-Newman



TSgt Joseph Brown



TSgt Ryan Strong



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